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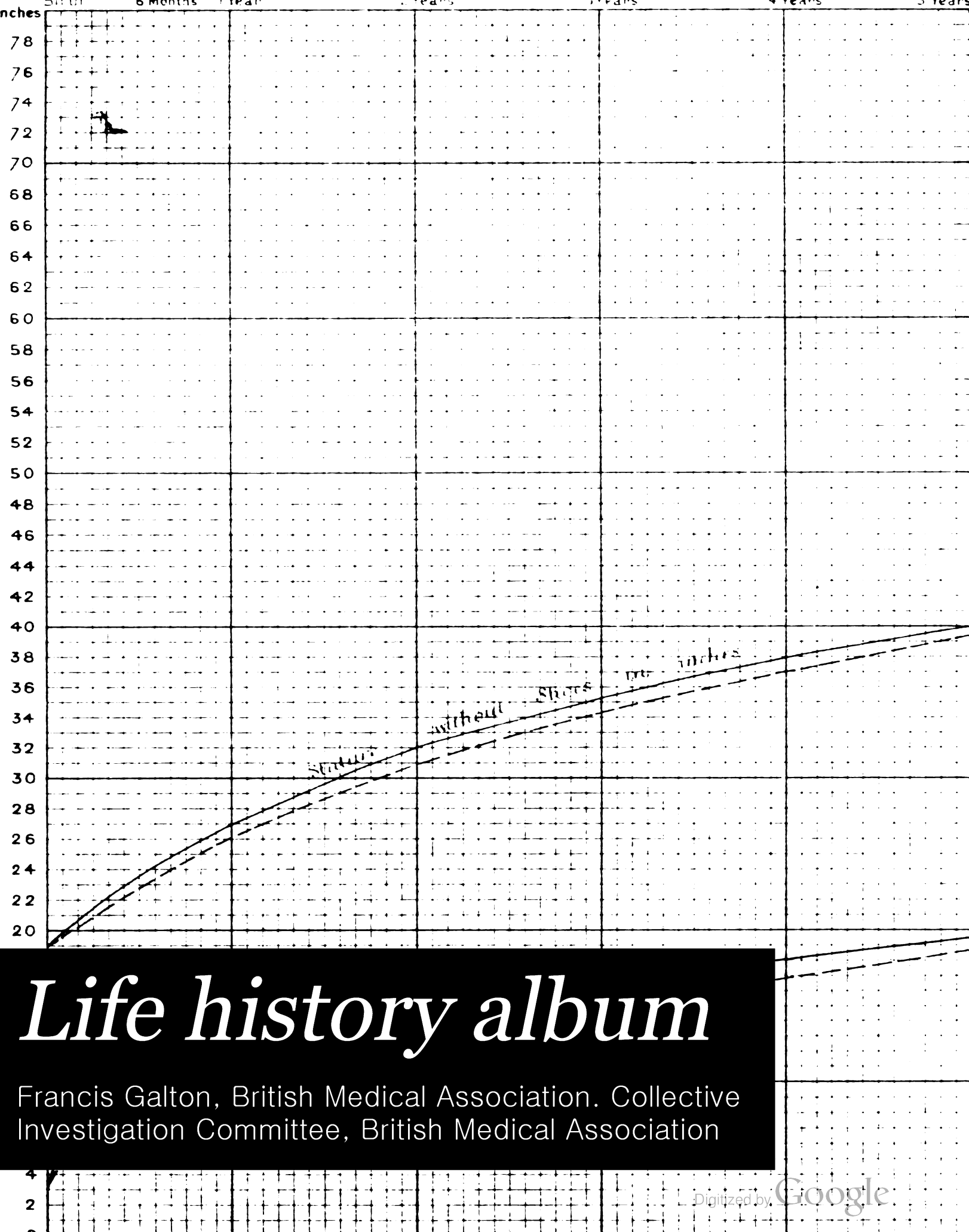

Life history album

Francis Galton, British Medical Association. Collective Investigation Committee, British Medical Association

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LIFE HISTORY ALBUM.

Containing the Records of the Life of

(NAME)—

BORN—

AT—

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DIRECTIONS TO THE BINDER.

Plates :—

That from Birth to 5 years is to face page				12
,,	5 to 10	,,	,,	20
,,	10 to 15	,,	,,	36
,,	15 to 20	,,	,,	52
,,	20 to 25	,,	,,	68

The two Plates, from Birth to 25 years, and that from 25 to 50 years, are to face one another, and to be inserted between pages 84 and 85. That from 50 to 75 years is to face page 124.

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LIFE HISTORY ALBUM

PREPARED BY DIRECTION OF
THE COLLECTIVE INVESTIGATION COMMITTEE
OF THE BRITISH MEDICAL ASSOCIATION

EDITED BY

FRANCIS GALTON, F.R.S.,

Chairman of the Life-History Sub-Committee.

London:

MACMILLAN AND CO.

1884

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LONDON:
R. CLAY, SONS, AND TAYLOR,
BREAD STREET HILL, E.C.

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To the Owner of this Book.

THIS Album is designed to contain the Chart of your Life, and to be a record of your own Biological experience. It is obvious that such a record must be of personal interest, but, independently of this, if the observations are regularly made and registered according to the directions, the Album will prove of great value hereafter to yourself and to your children in the following ways:—

1. It will show whether, and in what way, your health is affected by the changes that take place in your residence, occupation, diet, or habits.

2. It will afford early indication of any departure from health, and will thus draw attention to conditions which, if neglected, may lead to permanent disorder. Without such a record, the early signs of disease which are commonly slight and gradual, are very likely to pass unrecognised, and thus the opportunity will be lost of seeking advice at the time when preventive or curative measures can be most successfully taken.

3. A trustworthy record of past illnesses will enable your medical attendants to treat you more intelligently and successfully than they otherwise could, for it will give them a more complete knowledge of your "constitution" than could be obtained in any other way. This knowledge is so important that life itself may in many illnesses depend upon it.

4. The record will further be of great value to your family and descendants; for mental and physical characteristics, as well as liabilities to disease, are all transmitted more or less by parents to their children, and are shared by members of the same family. "The world is beginning to perceive that the life of each individual is in some real sense a prolongation of those of his ancestry. His character, his vigour, and his disease, are principally theirs. . . . . The life-histories of our relatives are, therefore, more instructive to us than those of strangers; they are especially able to forewarn and to encourage us, for they are prophetic of our own futures."—(*Fortnightly Review*, Jan., 1882, p. 31.)

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It is hoped that these Albums will be the means of permanently recording facts that would otherwise fall into oblivion, and which may hereafter be communicated to investigators into the laws of growth and disease.

Copies of the tables of growth and development, and extracts from the other observations, will be gladly received by the Collective Investigation Committee. They should be sent at intervals of a year, or of five years, addressed to The Secretary of the Collective Investigation Committee, 161A, *Strand, W.C. It is not necessary that these copies should bear the name of the person to whom they refer, if they are forwarded through the medical adviser of the family who guarantees their truthfulness, and if they bear a motto, to prevent duplicates being hereafter dealt with as separate documents. The motto should be inscribed once for all on the Album, and, for the convenience of indexing, should consist of one letter and four figures, taken at random, thus*—M. 1437, *or* B. 2856.

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LIFE HISTORY ALBUM.

DIRECTIONS FOR USE.

It is intended that one of these books should be provided for each child at its birth, but it may be begun at any other period of life. The parents should cause the various observations to be methodically registered during childhood. If the child is away from home as a boarder at school, the entries may be made at each time of returning home. On leaving school the book may be handed over to its owner, who will probably by that time sufficiently recognise its value and interest to continue the observations. Some such book should always be provided for children and young adults; but it is never too late to begin one, for even those who do so late in life have much to record that is of value to themselves and to their children.

Genealogical Record.—The first form requires no explanation, its object is self-evident. A carefully prepared family medical history is of the greatest value, for most diseases are hereditary, some very strongly so; and such a record of hereditary predisposition makes it possible to foretell and to guard against some diseases and to treat others with success.

Care and time should be bestowed in the first instance in preparing this record of the *family medical history*. Minute inquiries should be made of all surviving relatives, each of whose replies should be checked, and, if necessary, corrected by replies to the same question by other persons; the doctors of each deceased relative may be applied to, or the cause of death of any one who died in England since June, 1837, may be learnt by personal inquiry at the Registrar-General's Department at Somerset House, Strand, W.C., on payment of one shilling for each "particular search," extending over a period not exceeding five years. There are similar opportunities at the General Register offices in Scotland, at Edinburgh, for registrations since the beginning of 1855, and in Ireland, at Dublin, for those since the beginning of 1864.

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When this family record has once been made for any member of a family, it can readily be copied into the books of the other members, to every one of whom it is of like importance.

The following diseases are more particularly hereditary, and the existence of one or more of them in any member of the family should be recorded; the age at which the disease first appeared in each member should be stated:—

Gout, rheumatism, consumption, spitting of blood, struma (scrofula), scrofula, cancer, (and other forms of tumour), bronchitis, asthma, paralysis (state whether of both legs or of one side), epilepsy, insanity, heart disease, dropsy of abdomen, general dropsy (Bright's disease), diabetes, stone, goitre, fistula, the peculiar liability to bleed seriously from slight cuts, and some other diseases.

The liability of a member of the family to either of the following minor ailments should be noted:—

Colds in the head or throat, sick headaches, sleeplessness, boils, quinsy, enlarged glands in the neck, bleeding at the nose, indigestion, bilious attacks (state whether accompanied by jaundice, vomiting, or headache), constipation, skin eruptions (their nature should be stated if known), varicose veins, &c.

Also any imperfections of sight, hearing, or dentition.

DESCRIPTION OF CHILD AT BIRTH.—The observations asked for under this head are simple and can be easily made. They are important in relation to subsequent development, and other points of interest. With regard to the much-disputed question of the cause of "mother's marks," it should be recollected that no statement concerning any strong maternal impressions can be accepted as good evidence unless the facts were recorded at the time and before the birth of the child.

HEIGHT AND WEIGHT.*—The importance of frequent observation at regular intervals on these is much greater than usually supposed. Height is perhaps not so important as weight. Still, periods of unusually rapid growth are periods of danger to health; they should therefore be noted, and physical and mental fatigue should be carefully guarded against during them.

Variations of weight are the surest guides to variations of health. Arrested increase, or a gradual or sudden loss, of weight, often occurs before any other symptoms of disease can be detected, and may be the first to give the alarm, and call attention to the health of the child. Insidious diseases may thus be met early and checked; dangerous illnesses may be avoided, and even life preserved, by a careful attention to this indication. The following small chart is drawn from one made by Professor H. P. Bowditch, of Harvard University, U.S.A., and well illustrates the use of the weighing machine in giving warning of approaching illness.

* Height should be measured without shoes, and weight in ordinary in-door dress.

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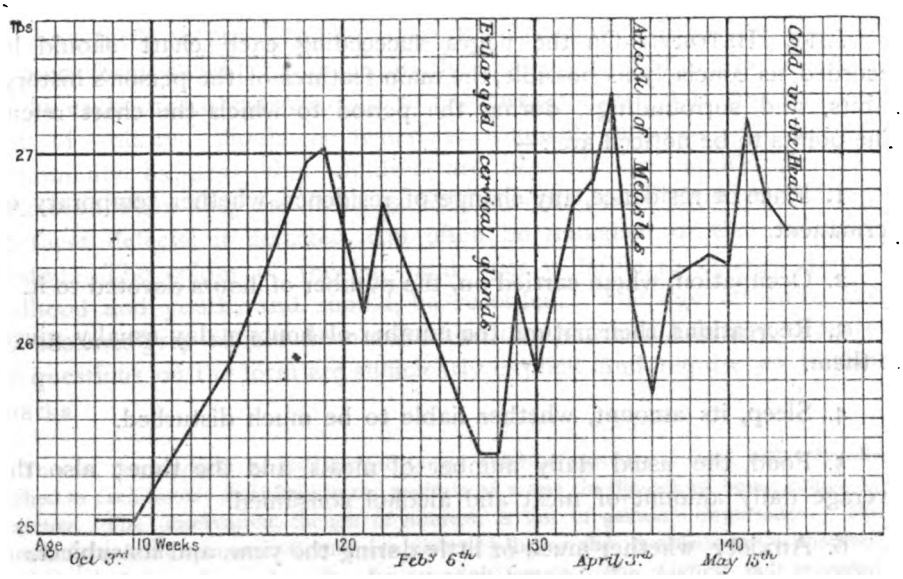

The observations were made every week upon a girl between the ages of two and three years. The first severe and prolonged loss of weight during December and January of the year indicated a disorder of healthy nutrition, which subsequently manifested itself by enlarged glands in the neck (and probably in the abdomen), and disordered digestion. Her health rapidly improved under treatment until March 27th, when she again began to lose weight rapidly; this proved to be due to the fact that she had absorbed the poison of measles, which was then incubating, and appeared on April 5th. She then again gained weight up to May 15th; the next loss was due to a severe cold in the head.

Every parent would do well to obtain a weighing machine for the use of the household, especially if there be many children; the expense will be well repaid by the increased facility it gives of attending to and managing the health of children. The accuracy of public weighing machines cannot always be depended upon.

CHARTS.—There are five charts embracing periods of five years each, which are intended for use during the period of growth; on these observations can be registered every month. The other charts are intended to contain observations extending over successive periods of twenty-five years each, and the entries in these can be made annually or half yearly.

The curves printed on the charts show the average height and weight of the male and female population of the United Kingdom at the various ages; these are intended to act as guides to the owner; by means of them any deviations from the normal in his own curve can be immediately recognised. They were constructed by Mr. Charles Roberts, to illustrate the report of the Anthropometric Committee of the British Association, 1883.

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LIFE HISTORY.—On the pages succeeding each chart should be recorded, as concisely as possible, the main features of the person's history, habits, and surroundings, during the period to which the chart refers. The points to be noticed are :—

1. Place of residence, any change of residence, whether temporary or permanent.

2. Occupation, where carried on, the number of hours devoted to it.

3. Recreations, their nature, the number of hours a day usually given to them.

4. Sleep, its amount, whether liable to be much disturbed.

5. Food, the usual daily number of meals, and the time; also the average daily amount of meat and alcohol consumed.

6. Anxiety, whether much or little during the year, and its subject.

7. Any very unusual over-fatigue, either mental or bodily.

8. Any important events during the year, such as going to school or college, beginning professional studies, passing examinations, obtaining prizes, entering professional life or business, marriage, loss of near relatives, &c.

These notes may be very brief. It is only necessary to note the points that have had an effect upon the owner's health or mental state. If they have not been previously made, each birthday would be a suitable opportunity for passing in review the events of the year, and recording all that is noteworthy.

MEDICAL HISTORY.—The next two pages are devoted to the medical history of the same period as that of the life history. All the entries in them should be made by a medical man; he should be asked to record the nature of any illness for which he may have attended the owner, and especially to note any "physical signs" of disease which were present during the illness and to state whether or not they persisted at the termination of the illness; also any idiosyncrasy in the action of drugs, or any point of importance in the treatment. The signature of the observer should be appended to each note.

These notes will be of very great value to the owner in after years, and as they will entail considerable loss of time and some trouble, a fee should be paid to the medical man who makes them.

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ANTHROPOMETRIC OBSERVATIONS.—The observations specified on the next form should be made at the end of the fifth year of age, and in each subsequent year up to the twenty-fifth. The hearing and sight of children should be tested at frequent intervals, for it not uncommonly happens that children are blamed for carelessness and inattention when they are really suffering from loss of sight or hearing, and these defects, if detected, can often be remedied or their advance arrested. The colour of the hair and eyes is liable to change during childhood and youth, and should be recorded. The age at which the hair becomes grey should be noted; also that at which baldness appears. The questions on the form are sufficiently explicit, and require no further remarks.

To test the *strength of pull* a small spring weighing machine is used, with a handle attached to each hook. It is held in the position of a bow, in the act of being drawn by an archer. The observation, though of interest, is not of primary importance. The returns of the Anthropometric Committee give 77½ lbs. as the most frequently observed pull for an adult male, and 40 lbs. for an adult female. The highest pull recorded by their Committee is 150 lbs., the lowest 20 lbs.

PHOTOGRAPHS.—Two pages are left in the portion of the album devoted to each successive five years to receive photographs of the owner that have been taken during the period. They should be obtained from the photographer "unmounted," and be pasted in the book, and the date at which each was taken should be written below it.

If the photographs are especially taken for this purpose, they should be reductions to one-seventh the size of the original face. The vertical distance in an ordinary adult face between the line of the pupils of the eyes and that passing between the lips would then be four-tenths of an inch. An exact full-face and a profile should be obtained. It is desirable that these portraits should be printed by some "permanent" process.

MARRIAGE AND CHILDREN.—At the end of the book a few pages are left, on the first of which the name of the wife or husband of the owner and the date of marriage may be inscribed; a subsequent page should be devoted to notes upon each one of the children, giving the date of birth, the nature and date of any illness, any noticeable peculiarities of character or ability, and any other facts about the child that may seem especially worthy of record.

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Genealogy of

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Relation.	Baptismal Name.	Surname.	Place of Birth.	Date of Birth. Year. Month. Day.	Age at Death.
Self					
Own Brothers...					
„ Sisters...					
Father.....					
Father's Father..					
„ Mother..					
Father's Brothers					
„ Sisters...					
Mother					
Mother's Father.					
„ Mother.					
Mother's Brothers					
„ Sisters...					

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MINOR AILMENTS, ILLNESSES, AND CAUSE OF DEATH OF RELATIVES.

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Description of Child at Birth.

Name .....

Date of Birth .....

Previous health of Mother* .....

Birth at full time, or premature .....

Labour natural, or instrumental.....

Physical peculiarities, if any (including "Mother's marks") .....

Weight at birth (naked) .....

Length .....

Girth round nipples .....

Colour of eyes†.....

Colour of hair, it any.....

Child healthy, or ailing.....

,, quiet, or active.....

,, feeble, or vigorous .....

,, good-tempered, or fretful .....

* Any strong mental impression, fright, shock, or fancy, occurring to the mother previous to the birth of the child, should be recorded if possible *before* the birth.

† The eyes of infants at birth are always dark blue; but it should be observed at what period after birth their colour begins to change. This generally occurs within a few days.

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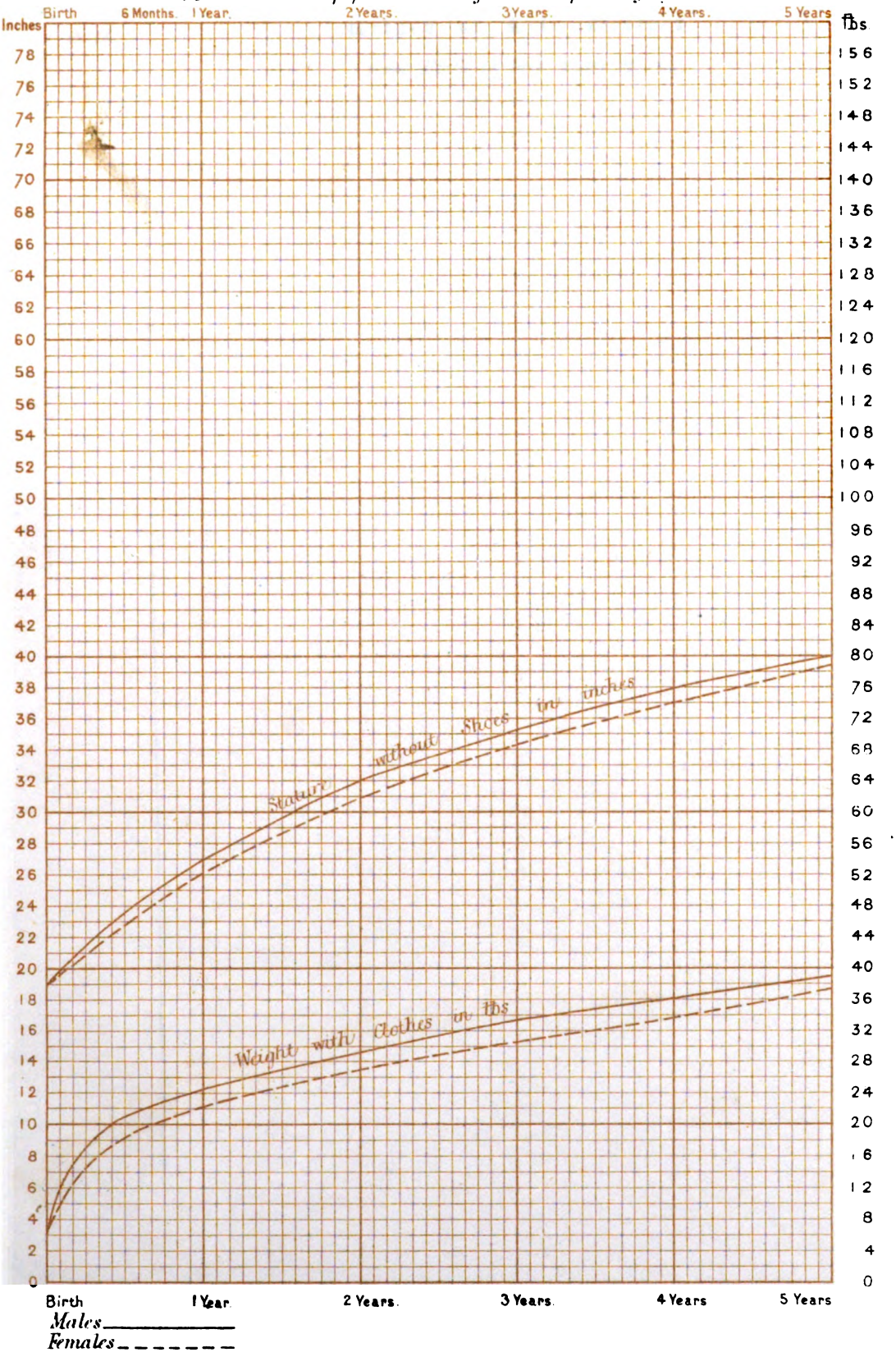
CHART I ON WHICH TO RECORD THE STATURE AND WEIGHT FROM BIRTH TO 5 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.



To face p. 12

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DATE.

Record of Life History

from Birth to Five Years of Age.

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DATE.

Record of Medical History

from Birth to Five Years of Age.

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Anthropometric Observations

made at end of Fifth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten. If made on females, to be made below the breast.)

4. Strength of pull.....

5. Acuteness of Vision * :—

Note the greatest distance at which No. I. is read in inches .....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear ...	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. Age at which the first tooth of the first set is cut .....

" " last " " .....

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).
(Note at what age child was able to walk alone.)

10. Mention any recent trial of mental power (hard intellectual work).
(Note at what age child began to speak.)

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Birth and Five Years of Age.

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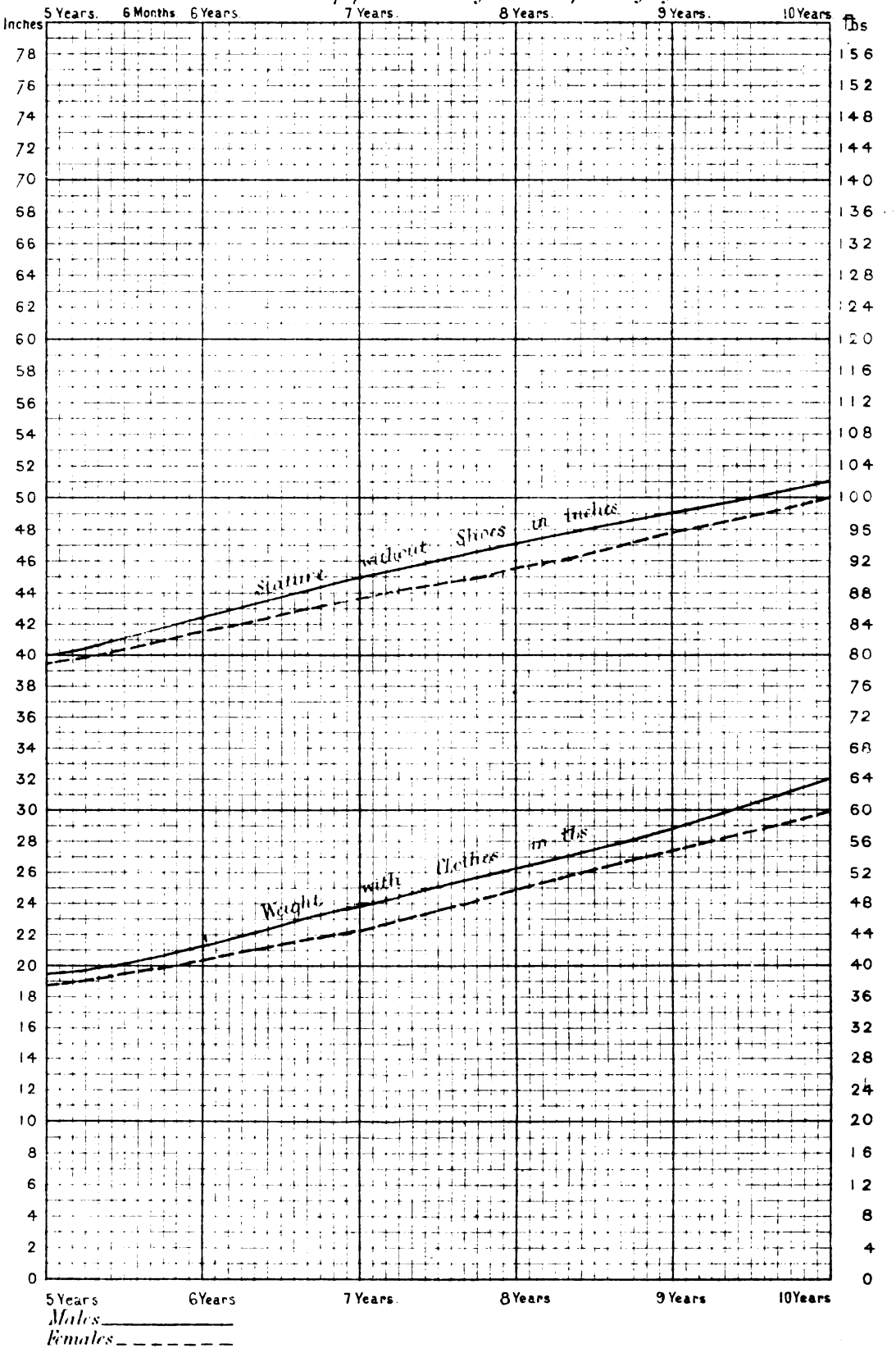
CHART II ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 5 TO 10 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.



To face p. 20.

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DATE.

Record of Life History

from Five to Ten Years of Age.

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Digitized by Google

DATE.

Record of Medical History

from Five to Ten Years of Age.

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Anthropometric Observations

made at end of Sixteenth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples.....

(Measured with the arms down after counting ten)

4. Strength of pull.....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet.....

Colour vision* .....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear ...	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch.....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.)

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Seventh Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision*:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet.....

Colour vision*.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State what teeth of the permanent set have been cut, with dates.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Eighth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples.....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear....	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Nineteenth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull .....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twentieth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision * :—

Note the greatest distance at which No. I. is read in inches .....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear ...	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of Teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Fifteen and Twenty Years of Age.

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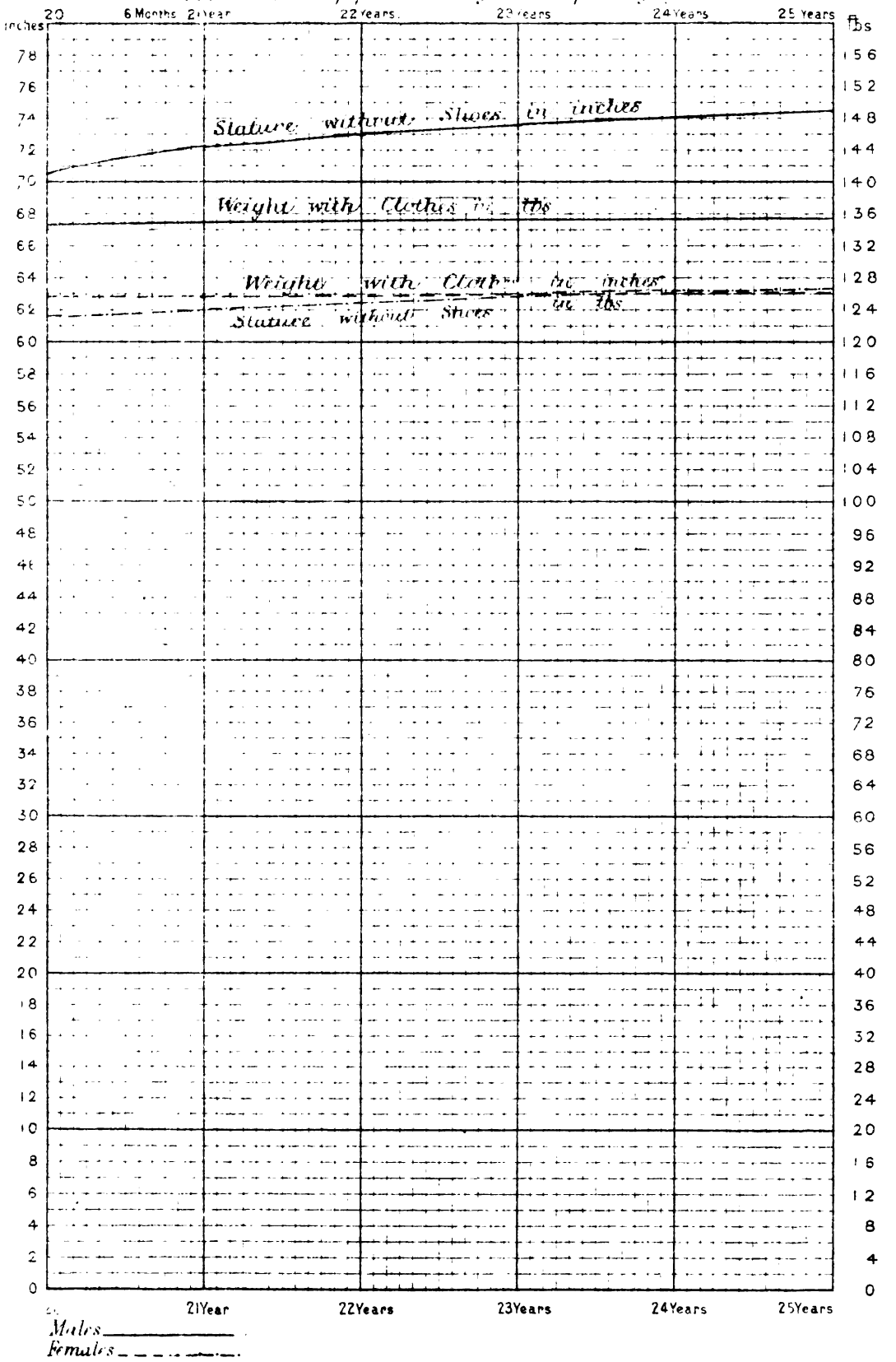
CHART V ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 20 TO 25 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.



To face p. 66

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DATE.

Record of Life History

from Twenty to Twenty-five Years of Age.

Digitized by Google

Digitized by Google

DATE.

Record of Medical History

from Twenty to Twenty-five Years of Age.

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Anthropometric Observations

made at end of Twenty-first Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples.....

(Measured with the arms down after counting ten)

4. Strength of pull.....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet.....

Colour vision* .....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Right ear ...	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch.....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twenty-second Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision*:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet.....

Colour vision*.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

Digitized by Google

9. Mention any recent trial of bodily strength or endurance (long walk &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twenty-third Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples.....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear....	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twenty-fourth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull .....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Right ear	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twenty-fifth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull .....

5. Acuteness of Vision*:—

Note the greatest distance at which No. I. is read in inches..... .....

" " " No. II. is read in feet..... .....

Colour vision*.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Twenty and Twenty-five Years of Age.

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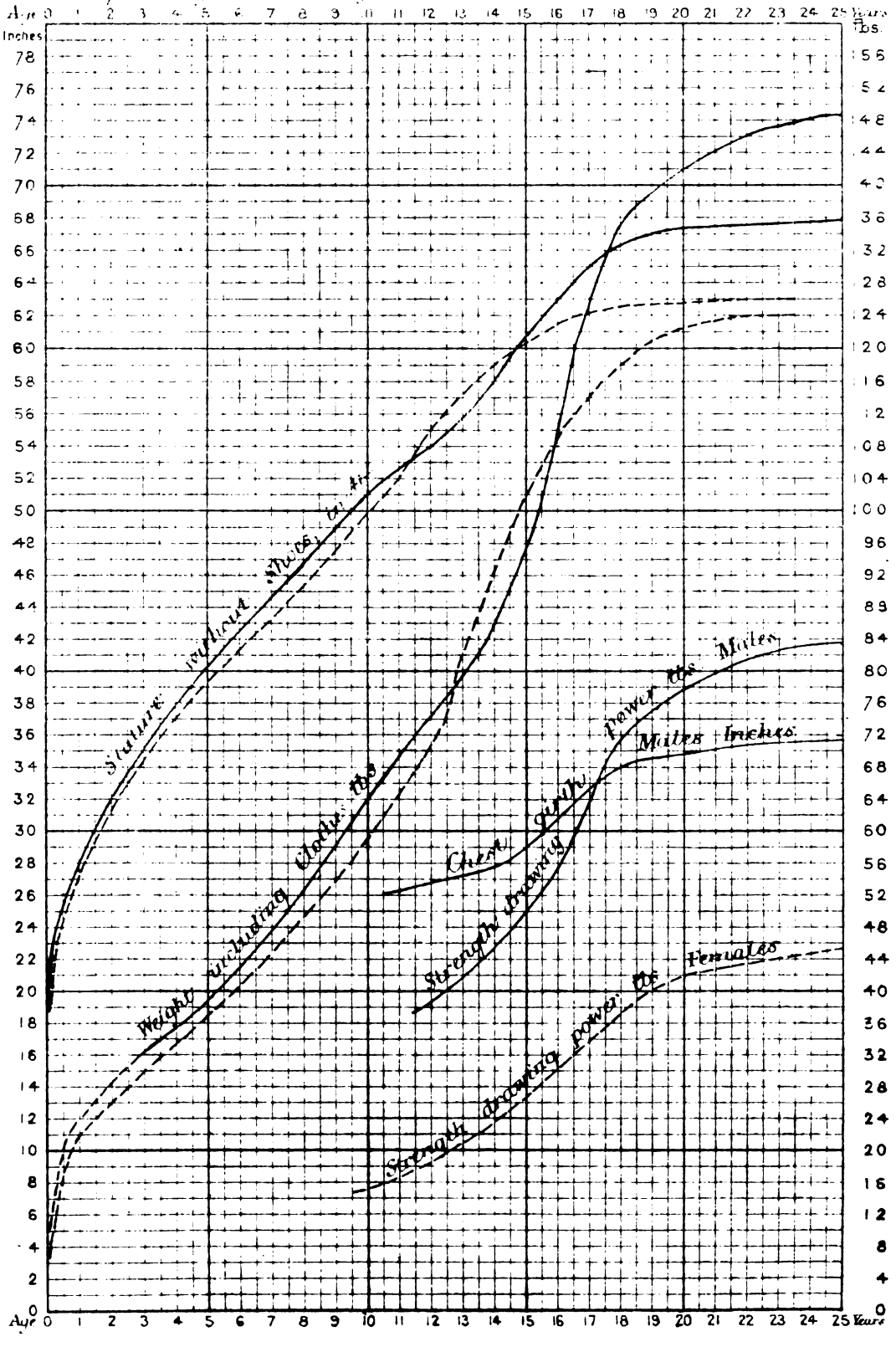
CHART VI DIAGRAM.— *Shewing the average Stature Weight Chest-girth, and Strength of both sexes from Birth to 25 Years of Age of the General Population of the United Kingdom.*



To face Chart VII & to be placed between pages 84 & 85

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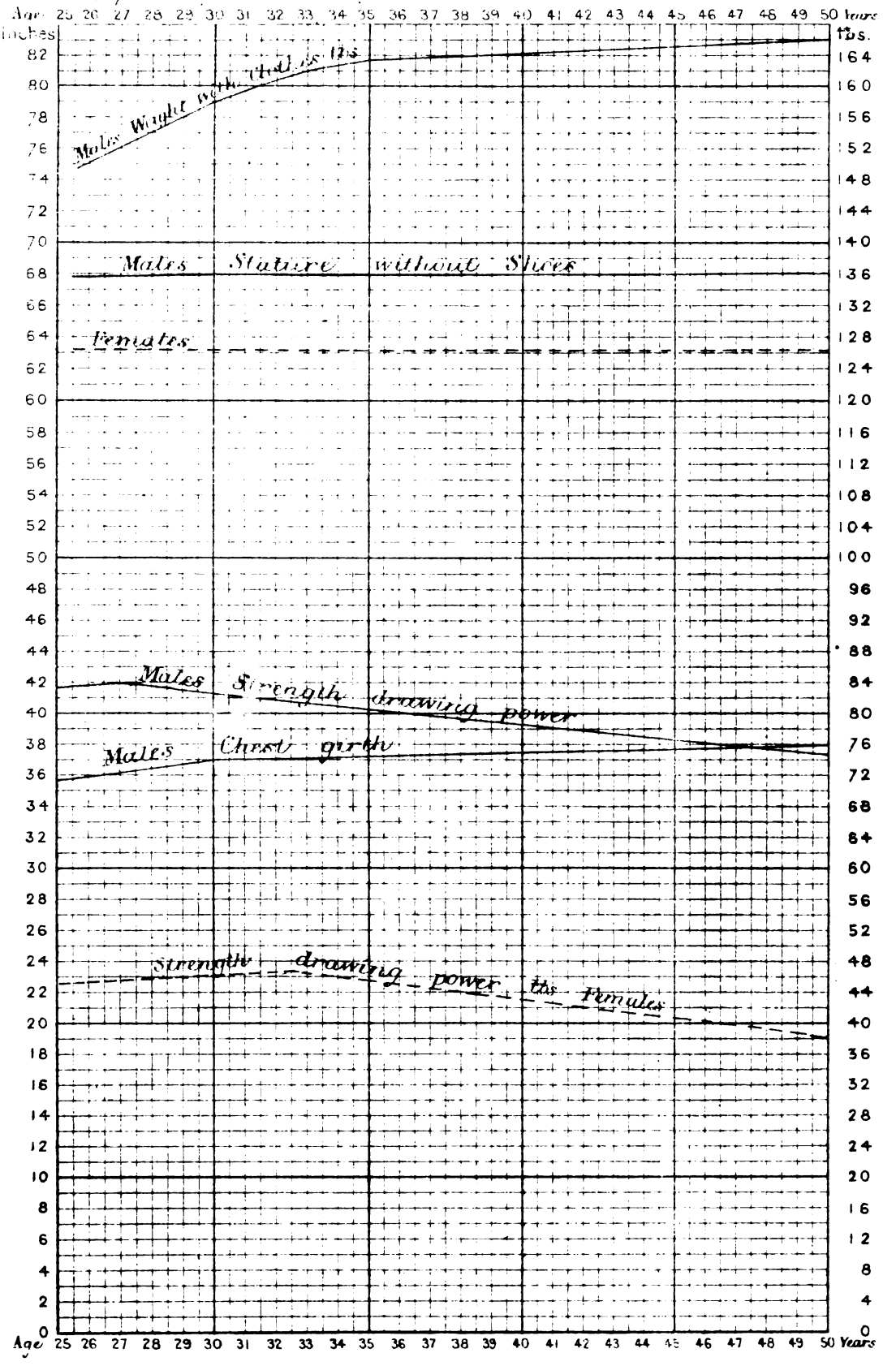
CHART VII DIAGRAM.. *Shewing the average Stature Weight Chest girth, and Strength of both sexes from ~~birth~~ 25 to 50 Years of Age of the General Population of the United Kingdom.*



To face Chart VI and to be placed between pages 84 & 85.

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DATE.

Record of Life History

from Twenty-five to Thirty Years of Age.

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DATE.

Record of Medical History

from Twenty-five to Thirty Years of Age.

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Anthropometric Observations

made at end of Thirtieth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision * :—

Note the greatest distance at which No. I. is read in inches .....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Right ear ...	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of Teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Forty-five and Fifty Years of Age.

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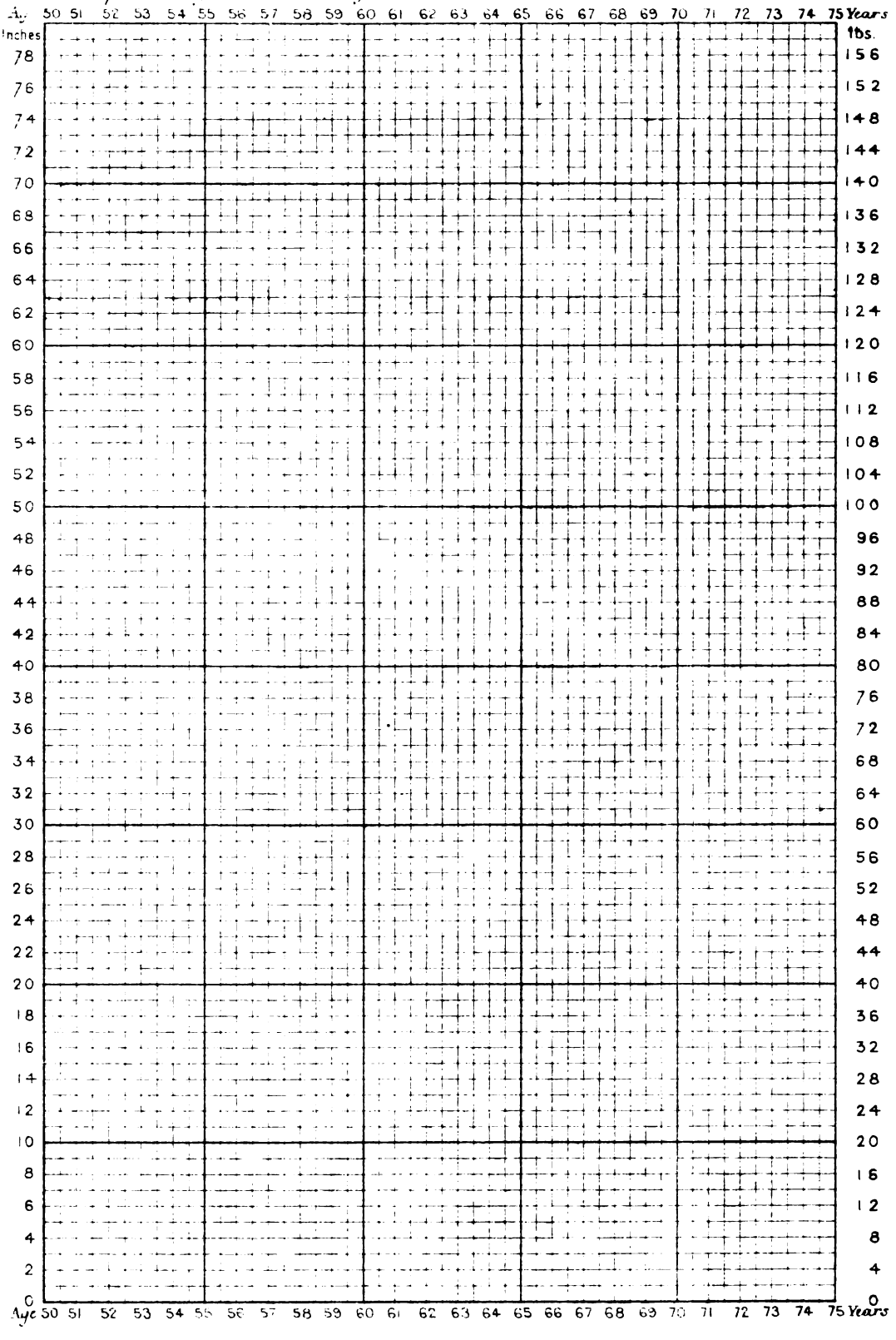
CHART VIII DIAGRAM — *Shewing the average Stature, Weight, Chest girth, and Strength of both sexes from 50 to 75 Years of Age of the General Population of the United Kingdom.*



To face p 124

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DATE.

Record of Life History

from Fifty to Fifty-five Years of Age.

Digitized by Google

Digitized by Google

DATE.

Record of Medical History

from Fifty to Fifty-five Years of Age.

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Anthropometric Observations

made at end of Fifty-fifth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown: fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull .....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches..... .....

" " " No. II. is read in feet..... .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Fifty and Fifty-five Years of Age.

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Digitized by Google

DATE.

Record of Life History

from Fifty-five to Sixty Years of Age.

Digitized by Google

Digitized by Google

DATE.

Record of Medical History

from Fifty-five to Sixty Years of Age.

Digitized by Google

Digitized by Google

Anthropometric Observations

made at end of Sixtieth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision * :—

Note the greatest distance at which No. I. is read in inches .....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear ...	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of Teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Fifty-five and Sixty Years of Age.

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DATE.

Record of Life History

from Sixty to Sixty-five Years of Age.

Digitized by Google

Digitized by Google

DATE.

Record of Medical History

from Sixty to Sixty-five Years of Age.

Digitized by Google

Digitized by Google

Anthropometric Observations

made at end of Sixty-fifth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull .....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches..... .....

" " " No. II. is read in feet..... .....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear.....	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Sixty and Sixty-five Years of Age.

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DATE.

Record of Life History

from Sixty-five to Seventy Years of Age.

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Digitized by Google

DATE.

Record of Medical History

from Sixty-five to Seventy Years of Age.

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Anthropometric Observations

made at end of Seventieth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision * :—

Note the greatest distance at which No. I. is read in inches .....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear ...	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of Teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Sixty-five ana Seventy Years of Age.

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DATE.

Record of Life History

from Seventy to Seventy-five Years of Age.

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Digitized by Google

DATE.

Record of Medical History

from Seventy to Seventy-five Years of Age.

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Anthropometric Observations

made at end of Seventy-fifth Year.

1. Colour of eyes .....

State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).

2. Colour of hair .....

State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.

3. Chest girth round nipples .....

(Measured with the arms down after counting ten.)

4. Strength of pull.....

5. Acuteness of Vision *:—

Note the greatest distance at which No. I. is read in inches.....

" " " No. II. is read in feet.....

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Right ear.....	.....	.....	.....	.....	.....	.....	.....
Left ear	.....	.....	.....	.....	.....	.....	.....

7. Any noticeable dulness or acuteness of smell, taste, or touch .....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Photographs

taken between Seventy and Seventy-five Years of Age.

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Records of Wife (or Husband) and Children.

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Records of Wife (or Husband) and Children.

Digitized by Google

Records of Wife (or Husband) and Children.

Digitized by Google

Records of Wife (or Husband) and Children.

Digitized by Google

Records of Wife (or Husband) and Children.

Digitized by Google

Records of Wife (or Husband) and Children.

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APPENDIX.

TESTS OF VISION.

TEST TYPES FOR ACUTENESS OF VISION. (A) *Distant Vision.*—Place this open page against a wall, at a distance of at least 15 feet, in good daylight. If you can read the annexed Test Type, No. 1, at this or at a greater distance, your vision is good. If you are unable to read it at 15 feet, then very gradually draw nearer, until you are able to do so, and note the distance in feet in the proper page and place.

L S E O F D T H U C

No. 1.

(B) *Near Vision.*—The Test Type, No. 2, may be read by a person of average sight, in good daylight and without glasses at a distance of 12 inches. If you are unable to do this, approach your eyes very gradually to the page until you are just able to read it accurately. Note the distance in inches in the appropriate page and place.

The Palace of Holyrood House stands at the eastern extremity of the city, and at the bottom of the Canongate. It is a beautiful building of a quadrangular form, with an open court, which is ninety-four feet square. The more ancient parts of this fine edifice, consisting of the north-west tower, were re-built by James V about the year 1528, though Holyrood seems to have been an occasional royal residence for ages before. During the minority of Queen Mary, the Palace of Holyrood was burnt, as well as the city, by the English forces under the Earl of Hertford; soon after, it was repaired and enlarged beyond its present size.

No. 2.

In case you are not able to read it at all, make a note to that effect.

TESTS FOR COLOUR VISION.—Procure a small heap of bits of variously coloured wools, and apply to some friend, who has the credit of being able to match colours well, to test you. As women are very

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rarely colour blind, the verdict of two ladies might be relied on. They should be asked to select a sample of distinctly green wool, and to request you to sort out of the rest of the heap, and to lay by the side of the sample, every bit of wool that has any tinge of green in it. The majority of the wools used for the test should be of delicate tints, and varieties of browns, pinks, reds, violets, yellows, greys, and greens. The trial should be made in good daylight, and it should be insisted upon that no clue nor guidance should be given to help you in your choice.

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APPARATUS & ADDRESSES.

The Life History Sub-Committee have communicated with the following well-known London firms, to learn the prices at which the instruments, photographs, and measurements described in the Album, would be supplied or made by them.

Weighing and Measuring Machine.—Messrs. De Grave, Short, and Co., 59, St. Martin-le-Grand, E.C. (Scale Makers to H.M. Government), have made a combined weighing and measuring machine, at the request of the Sub-Committee. Price £5 5*s.*

They also supply a plain and very strong commercial weighing machine of superior accuracy to the above, but its use involves the handling and lifting of heavy weights. Price, including weights, £4 4*s.*

Strength of Pull.—The instrument described in the Album is to be used as shown in the wood-cut.

This can also be obtained from Messrs. De Grave and Co. Price 17*s.* 6*d.*

Photographs.—Arrangements have been made with the well-known photographer, Mr. BARRAUD, 263, Oxford Street, Regent Circus, to take the photographs recommended on page 5 of the book—one full and one profile view of the face, to print them in permanent photography, and to insert them in the *Life History Album* at the price of 5*s.* for each sitting. The two portraits will be taken successively at the same sitting. In the case of young children, whom it is difficult to pose correctly, one portrait only will be taken. Mr. Barraud will also make copies on the scale described in page 5 of photographs taken at different periods of life; and he will print and mount them as above at the charge of 5*s.* for each separate photograph.

Sitters are advised to avoid light colours in their dress, especially violets and light blues.

It is requested that appointments with Mr. Barraud may be made, when practicable, at least three days in advance, and it is expected that the sitters will be punctual.

Measurement of Height and Weight.—The following Surgical Instrument Makers will weigh and measure children and adults at the rate of Sixpence each time:—COXETER AND SON, 23 & 24, *Grafton Street East, W.C.*; HAWKSLEY, J., 357, *Oxford Street, W.*; KROHNE AND SESEMANN, 8, *Duke Street, Manchester Square, W.*; WEISS AND SON, 62, *Strand, W.C.*; WRIGHT AND CO., 108, *New Bond Street, W.*

Messrs. BERRY, Wine and Coffee Merchants, 3, St. James's Street, gratuitously register the weights of their customers. Their ledgers were commenced in 1765, and have been continued ever since, and they contain many thousand entries.

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